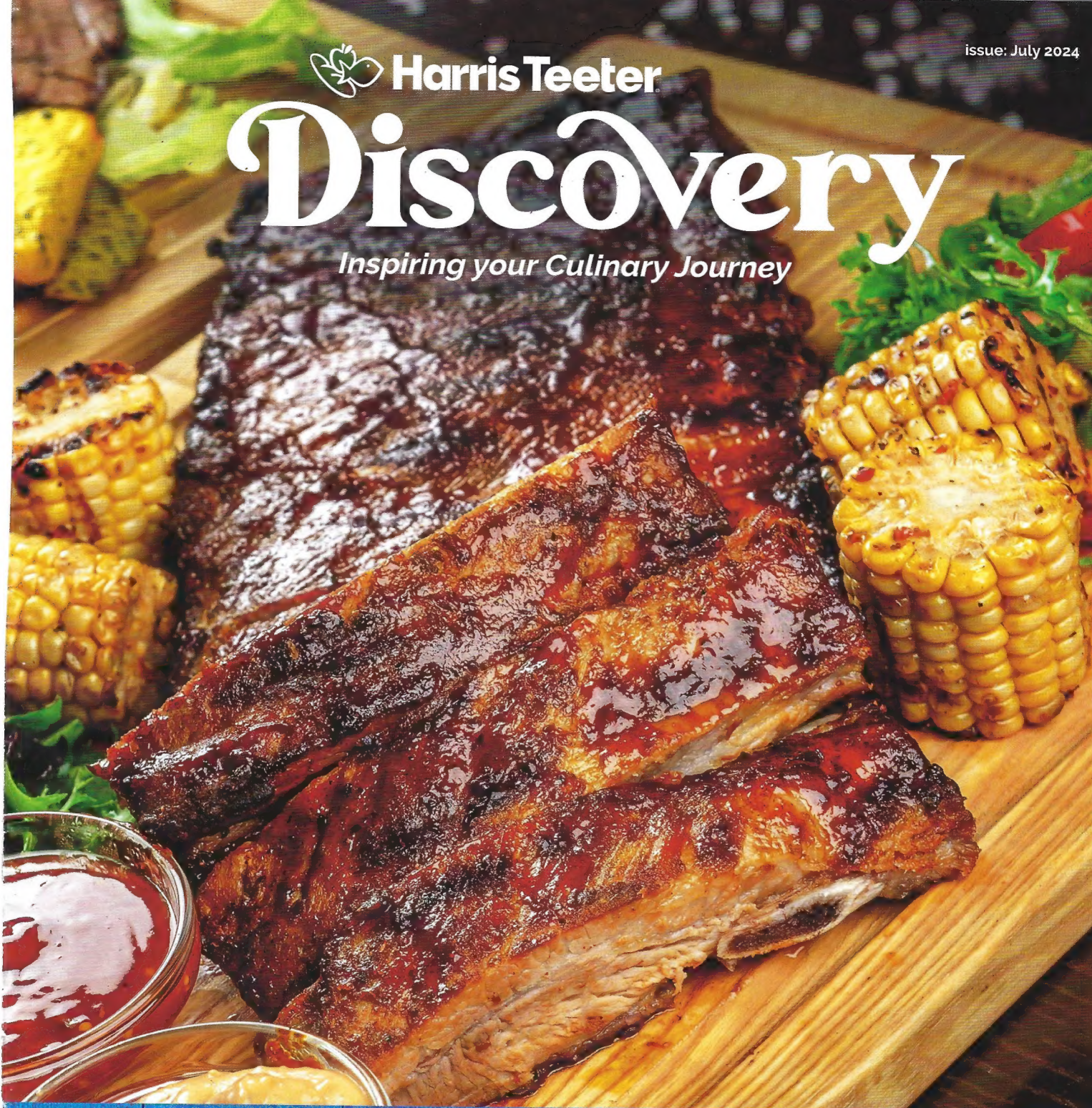




Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



**Simply Summer** at Harris Teeter

## What's Inside:

- Organic Produce Savings
- More Ways to Save
- July 4th Grilling
- Kids' Activity Page



# Discover What's Happening



## 4th of July Dessert Board

### Ingredients:

- 12 Cupcakes, theme color icing
- 12 maraschino cherries
- 1 strawberry-swirled pound cake, sliced
- 1 package yogurt covered pretzels
- 1 package cookie sandwiches
- 1 dash sprinkles
- 1 package candies, theme color
- 1 package fruits, theme color

### Directions:

Assemble on plate or tray.



## Happy 4th of July!

Harris Teeter makes celebrating with family and friends easy. We have quality fresh meats and veggies for grilling, delicious ready-made sides in our fresh foods department, plus, tasty desserts like peach crisp pie that everyone will want a piece of! So all we can say is...

Let's get  
**Grilling**



what's  
your go-to  
flavor?



Visit our floral department to add some pop to the holiday festivities. We have floral arrangements, balloons and more!





# Celebration of Flavors



## World Flavors Festival American inspired

### Classic Smashed Burgers

#### Burger Sauce

- 1/2 cup mayonnaise
- 2 tablespoons tomato ketchup
- 1 tablespoon yellow mustard
- 1 tablespoon dill pickle relish
- 1/2 teaspoon McCormick® Grill Mates® Smash Burger Seasoning

#### Smashed Burgers

- 1 1/2 lbs. ground beef
- 4 teaspoons McCormick® Grill Mates® Smash Burger Seasoning, divided
- 8 slices cheese
- 4 hamburger rolls, toasted
- Assorted toppings: shredded lettuce, sliced tomatoes and sliced red onions

- 1 **For the Burger Sauce**, mix all ingredients in a small bowl. Cover. Set aside until ready to serve.
- 2 **For the Burgers**, divide meat evenly into 8 balls. Place on hot flat top grill. Smash meat using large heavy spatula to flatten. Sprinkle tops of patties evenly with 2 teaspoons of the seasoning.
- 3 Grill 2 to 3 minutes or just until crust forms on bottom of patties. Flip patties; sprinkle tops evenly with remaining 2 teaspoons Seasoning. Top each patty with cheese. Grill 1 minute longer or until cheese is melted and burgers are cooked through (internal temperature of 160°F).
- 4 To assemble, spread Burger Sauce on cut-sides of rolls. Place 2 patties on each roll and serve

Scan for more  
American  
inspired recipes.



#### Dress up your burgers!

Creamy and tangy with a hint of BBQ. Dip or spread on burgers, sandwiches, wraps, or fries!

#### Fan Favorite

Cherry Ice Cream with Cherries & Fudge Flakes... the most famous of their fan-suggested flavors.



#### Refreshing Flavor

Crafted with a blend of 3 signature gingers for a bold, refreshing taste that's perfectly balanced.



#### Burger Sauce

Premium quality sauce to use as a tasty dip or spread on your favorite burgers for extra flavor!



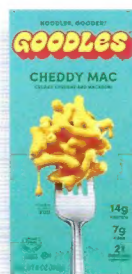
#### Wickedly Delicious

A custom blend of spices and fresh ingredients for an exciting new taste!



#### Creamy Noodles

Classic creamy cheddar mac tastes like your childhood, but eats like a balanced meal.



Harris Teeter  
**ROUND UP**

give change,  
create change

IN OUR STORES  
SUPPORT



FOR THE PEOPLE WHO SERVE™

100% OF FUNDS  
COLLECTED

DURING THE  
CAMPAIGN WILL  
BENEFIT YOUR STORE'S  
LOCAL USO CENTER.



# Discover Fresh and Organic

Prices good June 19 - July 16, 2024.



Farmers Market  
Organic Hot House  
Bunch Tomatoes

organics  
PRICED  
LOW

**2.79**

per lb.



6 oz. Farmers Market  
Organic Blueberries

organics  
PRICED  
LOW

**3.99**

each



Simple Truth Organic 1 lb.  
Mini Cucumbers or 2 ct. Peppers

organics  
PRICED  
LOW

**3.99**

each



2 oz.

Vive

Immunity Boost Shots

organics  
PRICED  
LOW

**2 for \$6**



6 oz.

Simple Truth Organic  
Portobello Caps

organics  
PRICED  
LOW

**2 for \$7**

each



Farmers Market

Organic

Grape Tomatoes

organics  
PRICED  
LOW

**2 for \$7**



Farmers Market

Organic Hot House  
Cucumbers

organics  
PRICED  
LOW

**2 for \$5**

each



Farmers Market

Organic Yellow or  
Zucchini Squash

organics  
PRICED  
LOW

**2.79**

per lb.



2 lb. bag

Simple Truth Organic  
Fuji or Granny Smith  
Apples

organics  
PRICED  
LOW

**4.99**

each



4 ct.

Simple Truth Organic  
Avocados

organics  
PRICED  
LOW

**6.99**

each



organics  
PRICED  
LOW

12 oz.

Lenny Boy  
Kombuchas

**2 for \$5**

Farmers Market  
Organic Red or Green  
Seedless Grapes

organics  
PRICED  
LOW

**5.99**

per lb.



4 lb. bag  
Simple Truth Organic  
Oranges

organics  
PRICED  
LOW

**7.99**

each



1 lb. bag  
Simple Truth Organic  
Baby Carrots

organics  
PRICED  
LOW

**2 for \$4**



2 lb. Organic  
Deglet  
Noor Dates

organics  
PRICED  
LOW

**9.99**

each





# Shopping Mindfully

The choices you feel good about right here...  
organic, natural, free from, responsibly  
sourced and more.



16 - 24 oz.  
Simple Truth Organic  
Pickles

**2 for \$7**

save BIG with your VIC card



8.5 oz.  
Simple Truth Organic  
Avocado Oil

**7.99**

save BIG with your VIC card



16 oz.  
Koch's Organic  
Ground Turkey

**7.99**

save at least \$1.00 each with your VIC card



12 oz.  
Simple Truth Organic  
Marinades

**3.29**

save BIG with your VIC card



16 oz. No Sugar Added  
Simple Truth  
Vanilla Frozen Dessert

**3.99**

save BIG with your VIC card



5 oz.  
Simple Truth  
Grain Free Tortilla Chips

**2.99**

save BIG with your VIC card



2.12 oz. Instant  
Simple Truth Organic  
Mushroom Coffee

**8.99**

save BIG with your VIC card



5 oz.  
Simple Truth Organic  
Chicken  
Breast

**2.99**

save at least 40¢ each with your VIC card



4.25 - 4.68 oz.  
Made Good Organic  
Crackers, Squares,  
Cookies, Minis and Bars

**2 for \$7**

save at least \$1.98 on 2 with your VIC card

6 pk. 16 oz.  
Annie Chun's Organic  
Seaweed Snacks

**3.99**

save at least \$2.00 each with your VIC card



.35 oz.  
Annie Chun's Organic  
Seaweed Snacks

**3 for \$5**

save at least \$1.86 on 3 with your VIC card



16 oz.  
Once Again Organic  
Cashew Butter

**11.99**

save at least \$3.00 each with your VIC card



16 oz.  
Once Again Organic  
Peanut Butter

**7.99**

save at least \$2.00 each with your VIC card



## Shopping Made Easier

The items you want have attribute icons displayed on the tag



9 oz.  
Back to Nature  
Nut Mixes

**8.99**

save at least \$1.00 each  
with your VIC card



4 oz.  
Freestyle Snacks  
Olives

**4.99**

save at least \$1.00 each  
with your VIC card



12 oz.  
G Hughes  
Salad Dressing

**3.99**

save at least \$1.00 each  
with your VIC card



16 oz.  
Keto Pints  
Ice Cream

**4.99**

save at least \$1.00 each  
with your VIC card



14.1 oz.  
Luxardo  
Maraschino Cherries

**19.99**

save at least \$5.00 each  
with your VIC card

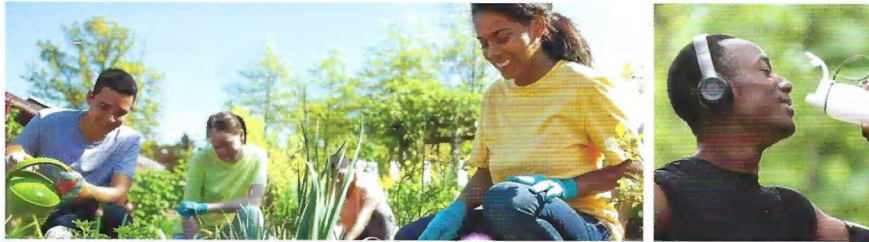




# Ask the Pharmacist

## Can you provide guidance on staying cool and hydrated while working or exercising outdoors in hot weather?

- Wear light, loose-fitting clothing to avoid absorbing heat and excess sweating
- Sip water consistently throughout the day and always have a water bottle on hand
- If working in the heat, it is recommended to drink 8 ounces of water every 20 minutes. It is also recommended to drink a total of 64 ounces of water each day
- It is recommended to avoid sugary drinks, caffeine, and alcohol as these can cause dehydration
- Dehydration can lead to muscle cramps, and heat exhaustion



July 4th  
Pharmacy  
Hours:  
9am-2pm

Harris Teeter  
**health and wellness**



## Going Somewhere this Summer?

**VISIT THE PHARMACY FOR THESE VACCINATIONS:**

• Flu • RSV • COVID-19 • Tdap • Pneumonia • Shingles • And many more

Make your next trip a healthy one.



For more information,  
visit the pharmacy,  
**SCAN THE QR CODE**  
or, visit our site at:

[HarrisTeeter.com/vaccinations](https://www.harris-teeter.com/vaccinations)

 **Your health and wellness starts with us**

### Great Taste

Better-for-you formula made with the highest quality ingredients so you can get a great boost out of every sip.



### Premium

Picked and pressed in less than six hours, embrace the uncompromising taste and quality of Cobram Estate, California's most exceptional cold-pressed extra virgin olive oil.



### Protection

The #1 dentist recommended brand for sensitive teeth. Also addresses multiple oral health needs, including whitening.



### Protection

Eliminates stains and fights against cavities, plaque and gingivitis while preventing new stains and tartar buildup.



### Nourishing

A hydration-boosting body wash for dry and dehydrated skin that deeply nourishes and renews skin for 24 hours.



### Hurt Free

Made with MEMORY WEAVE® fabric for flexibility to stretch as you move. They won't stick to the wound, allowing for gentle removal.



### Drool-Worthy Taste

Natural dog breath treats made with highly soluble ingredients that are safe and easy to digest. Vet-recommended for at-home oral health care.





# Discover Inspiration

July 18

## Celebrate Red, White and Blue! Charcuterie Boards

Check out some suggestions for creating your own Patriotic charcuterie board:

### Red:

Strawberries, Raspberries, Watermelon, Dried Cherries, Red Radishes, Red Peppers, Cherry Tomatoes, Salami and Pepperoni and Jams

### White:

Cheeses like White Cheddar, Brie and Provolone

Rice, Multigrain and Snack Crackers  
Nuts and Cauliflower

### Blue:

Blueberries, Blackberries, Black and Purple Grapes, Figs, Olives and Blue Corn Chips

Look on [harristeeter.com](http://harristeeter.com) for our Red, White and Blue Snack Board Recipe or the All-American Charcuterie Board and more.



## National Wine and Cheese Day



Reypenaer Explosion Gouda - available already wrapped - just grab and go or cut fresh exclusively at Harris Teeter. Pair it with J. Lohr Chardonnay.

BE SURE TO CHECK OUT WHAT'S

# NEW

NEW



Meet Tillamook Chocolate Collection Ice Cream, made creamy and rich for crave-worthy spoonfuls.

NEW

Perfect for cooking and topping - featuring legendary buttery flavor



NEW

Snacking just got easier. Same great flavor. New bite size.



NEW

Carmichael's Honey provides premium, high-quality honey at a great value.



NEW



Expectedly nutritious, surprisingly delicious. Made with 1/4 cup of fruits and veggies per serving.



NEW

WisePies Pasta sauces are all-natural, made with premium ingredients.

NEW

Purina ONE dog food featuring real beef as the number one ingredient, high protein formula to promote lean muscle.



NEW

Mr. Clean Ultra Thick & Ultra Foamy Magic Erasers







**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET



KIDS GET A  
**FREE**  
**COOKIE**  
IN THE BAKERY

# Discover Fun!

Write a short sentence using the summer foods below.




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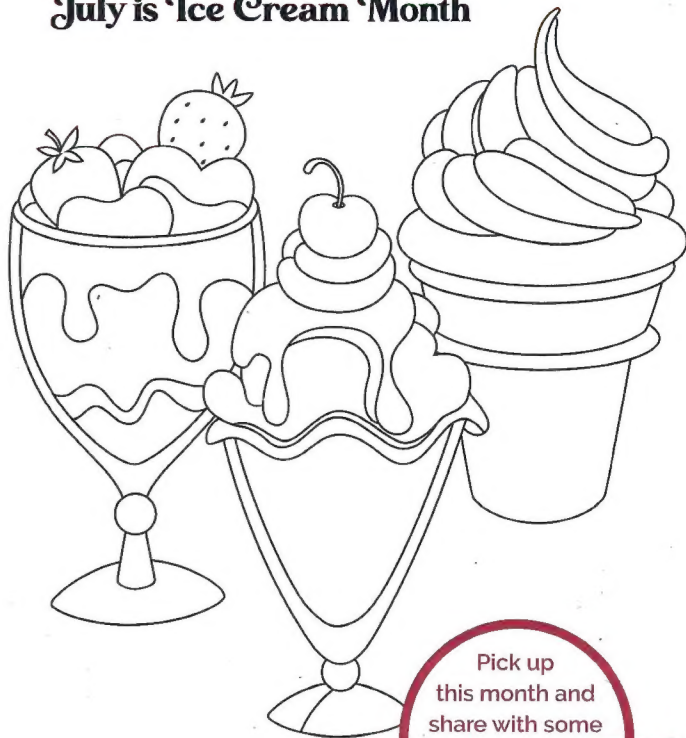
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## July is Ice Cream Month



Pick up  
this month and  
share with some  
friends!



— ways to —  
**SAVE**  
my  Harris Teeter

visit [harristeeter.com](http://harristeeter.com) to find out  
more about these programs



Join for personalized e-mails, unique  
savings and access to digital coupons.

**SAVE**  
**\$100's**  
every month  
when you join



Earn points every time you  
shop using your VIC card.

**SAVE**  
**UP TO \$1.00**  
**PER GALLON\***

\*Terms & conditions apply.

**HT Plus**

Get  
**FREE Delivery**  
and  
**2X Fuel Points**

Try it **FREE**  
for **30 days**